

Sundumbili CHC extends the breeze of Khanya Africa



Mrs. P.O. Gcabashe checking a BP. from a patient during Khanya A. Campaign

Sundumbili CHC, in conjunction with Ilembe Health District hosted a TB and Health Awareness Campaign on the 23 of May at Vutha Primary School. The area of Vutha was chosen, due to the fact that it is one of the High Transmission Areas for both TB and HIV/Aids epidemic in our Mandeni Sub- district.

This campaign was conducted in the spirit of Khanya Africa, which is a voluntary organisation in partnership with the Department of Health in providing health care services to the disadvantaged communities. This was an opportunity and the day the communities of Vutha and Ndu- lindle were waiting for, for many years.

This was witnessed by long queues, community waiting for the transport to Vutha Primary School.

Various health care services were provided to the community, ranging from counseling and testing for TB and HIV infection, checking of blood pressure, immunization of children, treatment of sexual transmitted infections, PSA, examination of womb and breast cancer to woman and eye testing. There was also an assessment of disabled persons and issuing of assisting devices

like wheelchairs if necessary and the marketing of bursaries for matric students. There was also a dispensing of medication to patients.

This was the day the community of Vutha will never forget, because it brought an assurance to them that their constitutional rights to have an access to quality health care has been fulfilled at last.

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SNIPPETS IN PICTURES



FROM THE CHC MANAGER'S DESK



I am indeed extremely delighted to get this opportunity to address staff members once again. The challenges that we are facing this financial year are unlikely any other financial year in the last ten years. We thank our staff for working tirelessly and

with resilience under these trying times. The recession has affected every sector and everyone but your desire to serve with compassion and dedication. We thank you as management for that. It is with pleasure also that we are part of this month's Mandela birthday celebration on July 18th. Thanks to our PRO, Mr. S. Ngcobo, who will go as far as Qunu-Eastern Cape to represent this institution during Nelson Mandela's birthday Celebration. We wish uTata uRolihlahla Mandela all the best on his Birthday. The management

wants to express their sincere condolences to staff members that have lost their loved ones. May you find peace in these times of sorrow. We have received numerous compliments for excellent service rendered by our staff. We have also identified some gaps which we have already begun to address.

It is with sadness that at the end of July we will bid farewell to Dr. Sharuna Bhimsan, our Medical Manager. We will miss you particularly for your dedication and commitment to our cause. I wish you luck with all your future endeavors.

MR. J.N. SHABANE - CHC MANAGER



EDITORIAL

It is a pleasure again to meet in this interesting publication.

Our mandate as the Dept. of Health still stands which is to render quality health care in the spirit of Batho Pele (People First), although we are still faced with financial crises.

The cloud of recession which is currently embracing the whole world makes matters worse.

The staff with enthusiasm in their hearts and passion for their work are striving to ensure

the achievement of the visions and missions of the Department, so many thanks to them.

Sundumbili CHC in conjunction with volunteers around Ilembe District made a remarkable contribution to the community of Vutha during the Khanya Africa Campaign on the 23 of May. This was the day to be remembered by this community as they received quality health care for free as they were previously disadvantaged and had limited access to the health care institutions.

Sundumbili CHC celebrated the Madiba Birthday in style by hosting a VCT Campaign at Sundumbili Plaza on the 18 July as part of volunteering 67 minutes to help those who are in need.

HIV/Aids & TB counseling and testing was conducted during this day.

Sundumbili CHC also formed part of Khanya Africa volunteers who went to the outskirts of Qunu, Eastern Cape to celebrate the legacy of Former President Nelson Mandela.

The staff and the management of Sundumbili CHC wishes Mr. Rolihlahla Nelson Mandela a Happy Birthday and many years to come. We also wish all women all over the world a Happy Women's Day on the 10 of August. **"A women of strength shows courage in spite of her fear."**

Sithi nina niyimbokodo, Nime Njalo!

Until next time, May God bless u.

MR. S.V. Ngcobo - PRO

APPOINTMENTS/ABAQASHIWE



MS. S. SHANDU
FINANCE S. INTERN



MS. A. JEZILE
PHARMACIST INTERN



MS. N. NDADANE
DATA CAPTURER



MS. H. H. SHABANE
H. R. INTERN



DR. A. GOKHUL
DOCTOR



MR. P. MTSHALI
DATA CAPTURER



MR. T. BLOSE
DATA CAPTURER



MR. M. NDWALANE
DATA CAPTURER



MS. N. P. GUMEDE
DATA CAPTURER



DR. R. TOERIEN
DOCTOR



MR. N. MBAMBO
DATA CAPTURER



MS. Z. ABDOOL
COMM. SERV. PHARMACIST



AIDS HELPLINE
☎ 0800-012-322



AIDS HELPLINE
☎ 0800-012-322



MS. C. SINGH
COMM. SERV. PHARMACIST

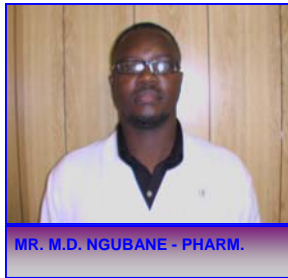
WELCOME

APRIL, MAY & JUNE BIRTHDAYS



MS. Z.H. MBATHA - DENTAL ASS.

MAY



MR. M.D. NGUBANE - PHARM.

APRIL



MS. S. SHANDU - F.S. INTERN

MAY



MR. M.N. MTSHALI - DRIVER

MAY



MR T.R. MAVUSO - PHARM.. ASS.

APRIL



MS. N.A. ZONDO - SUPPORT OFF.

MAY

- 1. T. T. NTULI - CLINICAL N. PRACTITIONER
- 2. M.M. NTULI - HIV/AIDS COUNSELLOR



- 3. T.T. SHEZI - DRIVER
- 4. M.H. DLAMINI - ENROLLED NURSE

HAPPY BIRTHDAYS GUYS

DEATHS

It is with sadness to announce the lost of one of our colleagues, Mrs. Z.E. Shandu (Ngwenya) who was the Supervisor : General Orderlies, who passed away on the 5 April 2009.

May her soul rest in peace !

Bible Quote

“For none of us lives to himself alone & none of us dies to himself alone. If we live, we live to the Lord, and if we die, we die to the Lord”.

Romans 14 : 7 - 8



Sundumbili CHC Celebrates The Madiba Birthday

Mr. Rolihlahla Nelson Mandela was born on the 18 July 1918 at Qunu, Eastern Cape.

Mr. Mandela is a prominent hero and an icon for South Africans and abroad as he fought apartheid, oppression and racism. Through his struggle many people are enjoying their democratic rights.

Madiba spent 67 years of his life fighting for freedom for all citizens. Mr. Jacob Zuma, our President proclaimed the 18 July which is the birthday of Mandela as the Madiba Day and urged all citizens to volunteer 67 minutes to help those who are in need to celebrate Madiba's legacy. Sundumbili CHC also answered that call by embarking on a VCT Campaign at Sundumbili Plaza. Health education, counseling and testing on HIV/Aids and TB were given to the community during this day. Condoms were also distributed. Health education on ARV,s and on the usage of them was given to the community .

Sundumbili CHC also formed part of Khanya Africa volunteers who went to the outskirts of Qunu to render health care services to the disadvantaged communities of this area. Various health care services were rendered to the community of Qunu and the volunteers got an opportunity to visit the Nelson Mandela Museum which has the full history about the life of Mandela during his struggles.

Sundumbili CHC really made a huge positive impact to the lives of many people during this day as this was also an initiative of Madiba to fight the spread of HIV/ Aids in order to build a healthy nation as he has 46664 programme to look after those who are infected /affected by HIV/Aids epidemic.



Nurses serving a patient during the Madiba Day at Sundumbili Plaza

KHANYA AFRICA CAMPAIGN IN PICTURES



1. The group of Khanya Africa volunteers posing for a picture during the Khanya Africa Campaign at Vutha.



2. Mrs. P.O. Gcabashe assessing a patient during the Khanya Africa Campaign.



3. Mrs. H. Q. Mabaso (right) and Mrs. N.N. Khumalo (left) singing during the opening of the Khanya Africa Campaign at Vutha.



4. Ms. B. Ngcobo and L. Maphalala registering patients during the Khanya Africa Campaign.



5. Mrs. P.P. Ntshangase (Nurse) checking High Blood Pressure from a patient during the Campaign.



6. One of the nurses checking blood sugar from a patient at Vutha.



7. Mrs. C.N. Ndadane and Mr. C.K. Sibiyi registering patients at Vutha.



8. Ms. B. Ngcobo and Ms. T. Mpanza registering patients.



9. Mr. T. Chamane explaining about Bursaries which are available in the Dept. of Health to Matriculants during Khanya Africa Campaign.



10. Mr. M.D. Ngubane, Mr. T.R. Mavuso and Ms. A. Jezile dispensing Medication at Vutha.

MANAGEMENT BIDS FAREWELL TO DR. S. BIMSAN



The Sundumbili CHC Management hosted a Farewell Party for Dr. S. Bimsan who is leaving our institution on the 31 July for greener pastures.

This was the day that wasn't easy to believe because of the cemented relationship we had with her, but special friends last forever.

She was praised by the CHC Manager, Mr. J.N. Shabane for her commitment, dedication and passion for her duties.

1. Dr. S. Bimsan surprised by the Farewell Party organized secretly by the management for her.
2. Mrs. Z.R. Ngcamu, Mr. Grobelaar & Mr. T. Shange sharing jokes with Dr. Bimsan during the party.
3. Dr. S. Bimsan passing words of Thanks.
4. Mrs. H.Q. Mabaso (Nursing Manager) giving a gift to Dr. Bimsan during the Farewell Party.
5. The management enjoying themselves with refreshments during the party.
6. Dr. S. Bimsan embraced by Mrs. H.Q. Mabaso after receiving her gift.



Ngcobo Sibonelo

From: lulekangiba@yahoo.com
Sent: Friday, April 17, 2009 1:01 PM
To: Ngcobo Sibonelo
Subject: Complement

Dear Mr. Ngcobo

This email serves as a complement to your staff that was working on the 08 April 2009. We brought our mother on that day at Sundumbili Community Health Centre, as she was very sick. The nurses were so loving and kind. They gave a high standard of good health service to her and those who were like her. It was the first time in the community health centre especially in the area to see sisters doing the work themselves when they are asked by the assistant nurse for help they don't say "I am on tea break". I started experiencing this thing when I was outside on the queue outside because we were not sure if we will get help, every nurse coming on duty was greeting people on the queue before they get inside the center. The spirit of Batho Pele principles through a personal commitment provided a high quality health care service in that centre, the smile was on their faces. I didn't see not even one nurse holding a cup of tea or coffee.

I didn't have time to take their names as I was in such a big surprise and so proud of them. Seeing people being treated with respect if a person went to a wrong window being told that sorry mama you are in the wrong window and being told where to go. I felt like shouting and call the MEC Mrs. NP Nkonyeni to come and see a huge difference this thing is doing.

Well thank you so much for those nurses who made sure that check my mother's sugar and high blood, after the result they put her on a drip because her sugar and high blood was too high. They save her life may you keep those great principles always and I hope everyone is like you ladies. To those sisters who showed leadership keep the good work I wish I can say go around SA and teach those who doesn't know, how important is love and respect to a sick person. I believe that there is someone who influence these people to do this. Well done who ever you are and thank you ladies for doing this to our sick people visiting your centre.

Kind regards
 Luleka Ngiba

Tel: 021-461 1321
 Fax: 021-461 5947

OUR CLIENTS RATE

US THE

BEST

WE

BELONG

CARE

SERVE

FAREWELL PARTY FOR MR. MDLALOSE



S

It was a fantastic day on the 2 of July when Sundumbili CHC bid farewell to M. W. Mdlalose who has spent 13 years as a Security Guard.

He was complimented throughout his farewell party by the management and the staff for his commitment, dedication and loyalty to his work and to the Department of Health. The management labeled him as the good example to the staff as he was always rendering services with enthusiasm and courtesy. The management and the staff wished him a pleasurable retirement.

1. Staff members welcoming Mr. Mdlalose during his Farewell Party
2. Mr. J.N. Shabane (CHC Manager) thanking Mr. Mdlalose & encouraging the staff to walk in his steps of commitment, dedication and loyalty in their duties.
3. Mr. Mdlalose, his wife & his grandchild thanking the staff for good times he spent with them
4. Mr. P.N. Khumalo explaining good relationship he had with Mr. Mdlalose as a colleague.
5. Sundumbili CHC Choir entertaining the audience with sweet music.
6. Mr. Z. Mhlongo performing a war antics (ukugiya) during the Farewell Party.
7. Mr. H. Mzobe & Mr. S. J. Mbambo performing a stage play during the party.
8. Mrs. P.H. Makhanya (Mdlalose's Supervisor) and Mr. H. Mzobe (Giant) presenting a gift to Mr. Mdlalose that will serve as a memento for him.
9. Mr. P.N. Sangweni (Nursing Manager : Assistant) complimenting Mr. Mdlalose & thanking the staff for participating in this fantastic event.
10. The staff members enjoying themselves with refreshments.



INSTITUTIONAL FIRE-TRAINING



Ms. B. Ngcobo extinguishing the fire during the fire training



Mr. M. Zungu (above) & T.I. Mhlongo (below) holding a fire extinguisher during the fire training



@n institution can face with unforeseen **crisis or disaster** ranging from fire etc, and our institution is no exception in this regard. It is responsibility of the Health and Safety Officer to ensure that the institution has a disaster management plan in place to deal with such crises.

Taking the above into consideration **Ms. B. Ngcobo** who is our **Health & Safety Officer** hosted a Fire Training on the 26 June for our staff members as part of our Disaster Management Plan.

Staff Members were taught about things which may cause fire, because prevention is better than cure. They were also taught about different types of fire and on how to use fire extinguishers. It was interesting to know that a specific fire extinguisher is utilized for a specific type of fire, not to all kinds of fire eg. the foam extinguisher is used for liquid fires whereas the carbon-dioxide one is used for liquid & electrical fires. Water extinguisher is for wood fires.

Sundumbili CHC is now always assured, knowing that it has an effective Disaster Management Plan and its staff members are well acquainted to deal with such crises or disaster.



Mr. E. Khumalo (Ithala Fire Dept.) demonstrating to the staff during the fire training



The staff posing for the picture during the training & N.D. Sibiyi (below) extinguishing the fire



Sibavakashela ngisho besemakhaya !

Iziguli zasendaweni yase -Vutha zithole ithuba eliyinqayiziv-ele ngenkathi zivakashelwe ithimba elivela kuMtholampilo wase-Sundumbili mhlaka 20 ku- Juni.

Lokhu kulandela umkhankaso ka Khanya Africa owawenzelwe endaweni yase-Vutha mhlaka 23 Meyi lapho umphakathi wawunikezelwa ngezinhlelo zezempilo mahhala futhi kunikezelwa nangezinsiza kwabakhubazekile.

Leli iphulo lomkhankaso ka-Khanya Africa lapho kuvakashelwa khona imindeni neziguli ukwenza isiqiniseko sokuthi balulama kahle emva kokuthola usizo, bese benikwa usizo oluthe-xaxa uma kunezingqinamba ekululameni kwabo. Umphakathi wase -Vutha awuwuvali umlomo ngothando nonakekelo loMtholampilo wase - Sundumbili ezimpilweni zabo.



UMnuz. S. Blose, F. Mkhize, P.N. Makhathini, F.F. Mkhwanazi neziguli



Ithimba lihlola isimo sesiguli esasimukelise isihlalo sabantu abangakwazi ukuzihambela (wheelchair)

UMTHOLAMPILO USEBENZISANA NABELAPHI BENDABUKO

Umtholampilo wase – Sundumbili ubambisene ne-MCDI

ububambe isigcawu sokubonisa nabelaphi bendabuko kusukela mhlaka 20 kuya kumhlaka 21 April.

Inhloso yalesigcawu bekuwukucobelelana ngolwazi mayelana negciwane lengculazi nesifo sofuba nokuthi kungasetshenziswa kanjani ngokubambisana ekulweni nalolubhubhane.

Abelaphi bendabuko bathole ithuba eliyinqayizivele lokuchazelwa kabanzi ukuthi liyini leligciwane lengculaza nesifo sofuba nokuthi zingavikeleka kanjani nokuthi kufanele baphathwe kanjani asebenalo.

Babuye bafundiswa nangokubaluleka kwenhlanzeko uma kunikezelwa ngosizo ezigulini nangokuthi akufanele basebenzise insingo eyodwa ukugcaba iziguli eziningi.

Abelaphi bendabuko bathole ithuba eliyinqayizivele lokubuzisa imibuzo abebekade bedlinza ngayo ngegciwane lengculazi. Baphinde bachazelwa kabanzi ukuthi leligciwane lingavikelwa kanjani ekudluleleni enganeni engakazalwa.

1. Umnz. H. Mzobe echaza ngesifo sesandulela ngculaza negculaza uqobo kubelaphi bendabuko.
2. Abelaphi bendabuko belalele izinkulumo.
3. Unksz. N. Mdluli ebonga abelaphi bendabuko ngeqhaza labo ekulapheni iziguli.
4. Omunye wabelaphi ethula umbono.
5. Umnz. T. Makhathini echaza ngokuvikelwa kokudlulela kwegciwane lengculaza enganeni engakazalwa
6. Abelaphi bendabuko benza abadume ngakho, Ukugida Ingoma !
7. Umnz. Ngonyama oNgumongameli wabelaphi bendabuko esifundeni sase-Mandeni ethula inkulumo.
8. Unkk. M. Shandu enikezela ngamaphepha okubhalisa kubelaphi.
9. Unkk. Z.R. Gcamu (Nursing Manager : Assistant) ethula inkulumo kubelaphi bendabuko.
10. Abelaphi beqobela phansi amaphuzu abalulekile mayelana nesifo sengculaza.



1



3



5



7



9



2



4



6



8



10

TREAT TIMES

TREAT YOURSELF WITH THIS APRICOT CHICKEN DURING THIS WOMENS DAY

INGREDIENTS

- ◆ 8 Free– range chicken pieces
- ◆ 1 whole onion, chopped
- ◆ 1 cup low– fat plain yoghurt
- ◆ 1 cup low– fat mayonnaise
- ◆ 1 T mild and spicy curry powder
- ◆ 1 small tin apricots in syrup
- ◆ 1 stick celery, chopped
- ◆ Salt and pepper
- ◆ 1 clove of garlic



DIRRECTIONS

- ◆ In an ovenproof “romatoff” earthenware pot (or casserole dish with a lid) then combine
- ◆ Place in the oven and bake at 180 degrees C for 1 hour. Serve with brown or basmati rice.

Word of God

Isaiah 49 : 2

“And he has made my mouth like a sharp sword, In the shadow of his hand he has hidden me, and made me a polished shaft, in his quiver he has hidden me .”



Words of wisdom

“ I learnt that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. ”

Mr. Nelson Rolihlahla Mandela

SUNDUMBILI COMMUNITY HEALTH CENTRE



Vision

To achieve optimal comprehensive health care for all persons in Mandeni sub-district

Mission

To provide a sustainable, coordinated, integrated and comprehensive health care based on the P.H.C. approach through the District health system.

Core Values

Trust based on truth

Integrity and reconciliation

Open communication and commitment to performance

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